

# THE WAY OF JESUS

## Part Two: ...When You Experience Pain // Jeff Brodie // May 1, 2022

Pain is inevitable. We all experience suffering in our lives. And so many people's lives get derailed by pain, by mistakes, or by broken relationships. But what does it look like to be transformed through pain instead of taken out by it? Jesus experienced pain during his life on earth and modelled for us a different way of handling it. His way is counterintuitive, but it takes something challenging and turns it into something life-changing.

**Scripture:** [1 John 2:15-17 NLT](#); [Matthew 23:1-7 NLT](#); [James 1:2-7 NIV](#); [Hebrews 4:14-16 NLT](#)

**Bottom Line:** Perseverance with Jesus brings transformation through pain.

### Getting Started:

1. What struck you from Jeff's message?
2. How do you think the people around you perceive pain?
3. When do you feel like you've handled pain well? When have you felt like you didn't handle it well?

### Discuss:

4. Jeff shared about the way the world handles pain as numbing, escaping, and avoiding. Which of these do you tend toward? What do you think could be added to the list?
5. [Read Matthew 23:1-7](#). Here you see the Pharisees being called out by Jesus for their religion. What do you think is underneath their behaviour?
6. Jeff shared how blame for pain and hiding pain are the behaviours that come out of a religious system. Have you seen this in your own life?
7. [Read James 1:2-7](#). Here you see James laying out a new way to deal with pain in our lives. As Jesus' brother, he would have seen Jesus walk through pain firsthand. What really stands out to you here?
8. James talks specifically in verse 4 about persevering or "remaining under" the pain in order to mature and grow. What's hard about this approach? What's rewarding about it?

9. Jesus often speaks to us in the silence of our pain—that's where he molds us. What encourages or discourages you about that?
10. Remember that you shouldn't stand in your pain alone. Christianity is intended to be a team sport. Do you have someone who: (a) knows your numb/escape/avoid tendencies? (b) knows your blame/hide tendencies? (c) can stand with you in your pain? Who is that person in your life?
11. [Read Hebrews 4:14-16](#), and remind yourself that Jesus "remains under" with you in your pain. He loves you, understands your situation, and stands with you. How does this make you feel?

**Moving Forward:**

*"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." - James 1:2-4 NIV*

*"So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most." - Hebrews 4:16 NLT*

If you are going through a painful moment, share it with your group and let them "remain under" with you. Stand together and ask God to transform you—to make you more like him.